



City of Gaithersburg Press Release

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For Immediate Release

Exercise Outdoors with Yoga & Zumba in the Park

Gaithersburg, MD – (April 9, 2019) The City of Gaithersburg invites you and your family to evenings of outdoor exercise with Yoga and Zumba in the Park. Drop in on one or all of the free, all-age classes taking place from 7 to 8 p.m. at the City Hall Concert Pavilion, 31 South Summit Avenue. Beginners welcome.

Develop your mind, body and spirit at **Yoga in the Park**. Synchronize movement with breath as you awaken strength, energy and flexibility at this open-level class. Yoga in the Park is held on Tuesday evenings May 7 through August 27. Bring a yoga mat, towel, or blanket.

The ever popular **Zumba in the Park** returns on Friday evenings, May 3 through August 30 (no class May 17). Join the fitness party as you move to the Latin rhythms of Zumba, which features interval dance sessions that combine fast and slow rhythms to maximize fat burning. Learn the Tango, Salsa, Cumbia, and Reggaeton while you experience an hour of body-energizing, stress-relieving fun in the great outdoors.

Please note these events may be cancelled due to inclement weather. Visit www.facebook.com/GaithersburgRecreation for updates and last-minute announcements.

Explore more fitness options in the Go! Gaithersburg Guide, available [online](#) and at most City facilities. For more information call 301-258-6350 or visit www.gaithersburgmd.gov.

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